



## Month: February Week: 1 Subject: Physical Health & Growth

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| Day 1                                                                                                                                               | <b>Topic(s)</b><br>Theme: Black Inventors<br>Number: 4<br>Letter: Bb<br>Color: Yellow & Brown<br>Shape: Star                                                                                                                                                                                                                                                                         | <b>Foundation(s)</b><br><b>PHG2.2:</b> Demonstrate development of body awareness and physical activity.<br><b>PHG3.1:</b> Demonstrate development of fine and gross motor coordination. |
| Indicators                                                                                                                                          | <b>Younger Infants</b><br>Engage in gentle stretches while on their backs or during tummy time.                                                                                                                                                                                                                                                                                      | <b>Older Infants</b><br>Push up during tummy time and track caregiver movements.                                                                                                        |
|                                                                                                                                                     | <b>Activities:</b><br>Caregivers will gently stretch infants' <b>arms and legs</b> , encouraging <b>body awareness</b> . Younger infants will participate in <b>tummy time with caregiver support</b> , while older infants will be encouraged to <b>push up, reach, and explore</b> . Caregivers will describe movements, saying, " <b>Stretch your arms like a big inventor!</b> " |                                                                                                                                                                                         |
| <b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• play mat</li> <li>• Gentle background music for a calming atmosphere</li> </ul> | <b>Key Vocabulary:</b><br>Stretch, Move, Up, Down, Push                                                                                                                                                                                                                                                                                                                              | <b>Support:</b>                                                                                                                                                                         |



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| Day 2                                                                                                                                                                                                                                                                                                                        | <b>Topic(s)</b><br>Theme: Black Inventors<br>Number: 4<br>Letter: Bb<br>Color: Yellow & Brown<br>Shape: Star | <b>Foundation(s)</b><br><b>PHG3.1:</b> Demonstrate development of fine and gross motor coordination.<br><b>PHG2.1:</b> Demonstrate how the five senses support processing information. |
| Indicators                                                                                                                                                                                                                                                                                                                   | <b>Younger Infants</b>                                                                                       | <b>Older Infants</b>                                                                                                                                                                   |
|                                                                                                                                                                                                                                                                                                                              | Track and attempt to reach for nearby objects.                                                               | Grasp, hold, and manipulate soft objects with hands.                                                                                                                                   |
| <b>Activities:</b><br>Caregivers will place <b>soft toys, plush stars, or textured objects</b> in front of infants to encourage <b>grasping and reaching movements</b> . Younger infants will <b>observe and track</b> the objects, while older infants will be encouraged to <b>grasp and transfer them between hands</b> . |                                                                                                              |                                                                                                                                                                                        |
| <b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Soft plush toys in <b>yellow and brown</b></li> <li>Fabric star cutouts or textured balls</li> </ul>                                                                                                                                                       | <b>Key Vocabulary:</b><br>Reach, Grab, Soft, Touch, Feel                                                     | <b>Support:</b>                                                                                                                                                                        |

Month: February Week: 1 Subject:



## Infant Curriculum

| Day 3                                                                                                                                                                                                                                                                                                             | Topic(s)                                                                                  | Foundation(s)                                                                                                                                                   |
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|                                                                                                                                                                                                                                                                                                                   | Theme: Black Inventors<br>Number: 4<br>Letter: Bb<br>Color: Yellow & Brown<br>Shape: Star | <b>PHG2.2:</b> Demonstrate development of body awareness and physical activity.<br><b>PHG3.1:</b> Demonstrate development of fine and gross motor coordination. |
| Indicators                                                                                                                                                                                                                                                                                                        | Younger Infants                                                                           | Older Infants                                                                                                                                                   |
|                                                                                                                                                                                                                                                                                                                   | Listen and observe as caregivers model movement.                                          | Attempt to imitate simple stretches or movements.                                                                                                               |
| <p>Activities:</p> <p>Caregivers will lead <b>gentle movement activities</b>, such as <b>raising arms up, kicking legs, and reaching side to side</b>. Younger infants will <b>watch and track caregiver movements</b>, while older infants will <b>participate in guided stretches and simple movements</b>.</p> |                                                                                           |                                                                                                                                                                 |
| Resources/Materials                                                                                                                                                                                                                                                                                               | Key Vocabulary:                                                                           | Support:                                                                                                                                                        |
| <ul style="list-style-type: none"> <li>Soft play mat for comfortable movement</li> <li>Caregiver modeling of gentle stretches</li> </ul>                                                                                                                                                                          | Stretch, Move, Up, Down, Side                                                             |                                                                                                                                                                 |

## Month: February Week: 1 Subject: Physical Health and Growth

| Day 4 | Topic(s) | Foundation(s) |
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## Infant Curriculum

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|                                                                                                                                                                                                                                                                                                                                               | Theme: Black Inventors<br>Number: 4<br>Letter: Bb<br>Color: Yellow & Brown<br>Shape: Star | <b>PHG2.1:</b> Demonstrate how the five senses support processing information.<br><b>PHG3.1:</b> Demonstrate development of fine and gross motor coordination. |
| <b>Indicators</b>                                                                                                                                                                                                                                                                                                                             | <b>Younger Infants</b>                                                                    | <b>Older Infants</b>                                                                                                                                           |
|                                                                                                                                                                                                                                                                                                                                               | Observe and track caregivers demonstrating stop/go movements.                             | Respond to movement cues by stopping and going.                                                                                                                |
| <b>Activities:</b><br>Inspired by <b>Garrett Morgan's traffic light</b> , caregivers will introduce <b>red, yellow, and green scarves or toys</b> and say, " <b>Red means stop, green means go!</b> " Younger infants will <b>watch as caregivers move or freeze</b> , while older infants will <b>wiggle, crawl, or stop when prompted</b> . |                                                                                           |                                                                                                                                                                |
| <b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Red, yellow, and green scarves or soft fabric squares</li> <li>Open space for movement</li> </ul>                                                                                                                                                                           | <b>Key Vocabulary:</b><br>Stop, Go, Red, Green, Light                                     | <b>Support:</b>                                                                                                                                                |

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| <b>Day 5</b> | <b>Topic(s)</b>        | <b>Foundation(s)</b>                      |
|              | Theme: Black Inventors | <b>PHG3.1:</b> Demonstrate development of |



## Infant Curriculum

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|                                                                                                                                                                                                                                                                                                                                                 | Number: 4<br>Letter: Bb<br>Color: Yellow & Brown<br>Shape: Star | fine and gross motor coordination.<br><b>PHG2.2:</b> Demonstrate development of body awareness and physical activity. |
| Indicators                                                                                                                                                                                                                                                                                                                                      | Younger Infants                                                 | Older Infants                                                                                                         |
|                                                                                                                                                                                                                                                                                                                                                 | Listen and track movement while caregivers gently sway.         | Engage in bouncing, clapping, or moving to music.                                                                     |
| Activities:<br>Inspired by <b>the weekly star theme</b> , caregivers will play <b>gentle instrumental music</b> such as Twinkle Twinkle Little Star and <b>hold star-shaped props</b> while encouraging movement. Younger infants will <b>be rocked or swayed</b> , while older infants will <b>clap, bounce, or reach for floating stars</b> . |                                                                 |                                                                                                                       |
| Resources/Materials <ul style="list-style-type: none"> <li>• Soft plush star toys for movement play</li> <li>• Calming instrumental music for rhythmic play</li> </ul>                                                                                                                                                                          | Key Vocabulary:<br>Star, Dance, Move, Music                     | Support:                                                                                                              |